THE TOWN OF LOS ALTOS HILLS SPRING-SUMMER 2012





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Town of Los Altos Hills City Council

Rich Larsen, Mayor

Gary Waldeck, Vice Mayor

Jean Mordo, Councilmember

John Radford, Councilmember

Ginger Summit, Councilmember

Town Manager

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Parks and Recreation Department

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sgualtieri@losaltoshills.ca.gov cpetralli@losaltoshills.ca.gov

Parks & Recreation Committee

Kathy Evans, Chair Kit Gordon Rebecca Hickman Val Metcalfe Patty Radlo Scott Vanderlip Julia Zarcone



embers of the Los Altos
Hills Parks and Recreation
Committee are appointed by the
City Council and serve as an advisory
body to the Council on matters related
to recreation programs and activities.
They study all recreation facilities
available within the Town and make
recommendations regarding their
status.

Parks and Recreation Committee meetings are held on the second Wednesday of every month at 9:00 am in the Parks and Recreation Center at Town Hall. All Parks and Recreation Committee meetings are open to the public.

The Los Altos Hills Parks and Recreation Activity Guide is a bi-annual publication, mailed or delivered to residents of Los Altos Hills. Businesses or entities referenced in this brochure do not Los Altos Hills.

The receiver

To receive the electronic version of this publication, or to add your name to the mailing list, please contact the Los Altos Hills Parks and Recreation Department at 650-941-2518.



Los Altos & Los Altos Hills Little League

os Altos & Los Altos Hills Little League is a non-profit, volunteer supported organization that provides excellent baseball and softball programs for kids ages 5 to 16. Emphasis is placed on developing "superior citizens" rather than "superior athletes." The coaches provide a fun, positive environment with the primary goal of teaching the game while developing athletic skills, team spirit, and sportsmanship. Instruction is provided to over 700 youths each year. The season runs from March through early June. Teams typically have 12 players and everyone plays! For more information visit www.losaltoslittleleague.com.

Location: Purissima Park

Ages: 5-16

Softball Divisions/Ages:		
Tball:	5-7	
A:	6-8	
AA:	7-10	
AAA:	8-11	

Baseball Divisions/Ages:		
Tball:	5-7	
A:	6-8	
AA:	7-10	
AAA:	8-11	
Majors:	10-12	
Juniors:	13-14	
Seniors:	15-16	

San Francisco Giants vs. San Diego Padres

arks and Recreation is team up with Little League days at AT&T Park. This day is full of memories that kids and parents alike will not forget. The Day's activities include: Pre-game Q&A with Giants coaches and players, kids run the bases, giveaways and much more! For tickets and more information contact 415-972-2298 or specialevents@sfgiants.com.

Date: 4/29
Day: Sunday
Time: 1:05 pm



FREE Lacrosse Clinic by Atherton Lacrosse



Date: 5/6
Day: Sunday

Time: 3:00 – 4:00 pm

Location: Purissima Park Field #2

Ages: 5 - 14 Fee: Free

Lacrosse Summer Campby Atherton Lacrosse

earn the FUNdamentals of the hottest new sport in West Coast schools! Sports Illustrated calls lacrosse the "fastest growing sport in the U.S." No previous experience needed for beginners, and games played with safe soft balls. Only a lacrosse stick and mouth guard is required, and can be purchased at a discount upon registration. Intermediate division available. For more information visit www.AthertonLacrosse.com or call 1-888-526-3330.

Session 1: 6/18 - 6/22Session 2: 7/16 - 7/20Time: 9:00 am - Noon

Location: Pinewood School Upper Campus

26800 Fremont Road

Ages: 5 - 14

Fee: \$235 Residents

\$249 Non-Residents

British Soccer Camps by Challenger Sports

hallenger Sports provides amazing coaches with cool accents who make learning soccer fun! Challenger Sports coaches soccer skills within a framework of character development based on respect, responsibility, integrity, leadership and sportsmanship. Each participant must bring shin guards, sunscreen, lots of water and a snack and/or lunch each day. Each participant will also receive a camp shirt, a camp ball and a personal player evaluation. For more information visit www.challengersports.com.

First Kicks

Young players are introduced to game basics through fundamental activities, games and fun soccer challenges. Parents are encouraged to join in and help guide their child through this fun learning experience.

Dates: 8/6 - 8/10Session 1: 9:00 - 10:00 am Session 2: 1:00 - 2:00 pm

Ages: 3-4

Location: Purissima Park Field #2

Fees: \$85 Residents

\$99 Non-Residents

Mini-Soccer

Fun games, competitions and skill-building activities are designed to enlighten and develop budding players.

Dates: 8/6 - 8/10 Session 1: 10:00 - 11:30 am Session 2: 2:00 - 3:30 pm

Ages: 4-5

Location: Purissima Park Field #2

Fees: \$119 Residents \$133 Non-Residents

Full-Day Player Development Camp

This is a more advanced camp for serious players. This full-day camp focuses on game related techniques, tactical development and instructional match play.

\$229 Non-Residents

Dates: 8/6 - 8/10

Time: 9:00 am – 4:00 pm

Ages: 6 - 10

Location: Purissima Park Field #2

Fees: \$215 Residents

Half-Day Player Development Camp Emphasis is placed upon skill development and mastery of core techniques through individual and small group practices and coached games. This all action camp is the most popular program from Challenger Sports. Dates: 8/6 - 8/10Session 1: 9:00 am - Noon 1:00 - 4:00 pm Session 2: Ages: 6 - 10Purissima Park Field #2 Location: Fees: \$145 Residents \$159 Non-Residents

REGISTER ONLINE AT WWW.LOSALTOS





Learn to Fence!by Silicon Valley Fencing

ur fun-filled introductory classes will teach you the basics of fencing. Fencing develops physical and mental fitness, teaches self-discipline, builds character, and instills sportsmanship. Fencing is for all ages and genders. The class meets once a week for three weeks. All equipment is supplied by Silicon Valley Fencing. Introductory classes are intended for students fencing for the first time. It prepares a participant to join the Beginning level class, if you decide to continue fencing for recreation, fitness or competition. Students should wear athletic clothing and non-marking athletic shoes. For more information visit www.svf-fencing.com or contact or 650-273-0414 or info@svf-fencing.com.

Session 1: 3/2 - 3/16Session 1: 3/2 - 3/16Session 1: 3/3 - 3/17Session 2: 4/13 - 4/27Session 2: 4/13 - 4/27Session 2: 4/14 - 4/285/5 - 5/19 Session 3: 5/4 - 5/18 Session 3: 5/4 - 5/18 Session 3: 6/1 - 6/156/2 - 6/16Session 4: 6/1 - 6/15Session 4: Session 4: 8/3 – 8/17 8/3 - 8/17 8/4 - 8/18Session 5: Session 5: Session 5: Day: Fridays Day: Day: Saturdays 4:00 - 4:55 pm 11:00 - 11:55 am Times: Times: 5:00 - 5:55 pm Times: Silicon Valley Fencing Silicon Valley Fencing Silicon Valley Fencing 4500 El Camino Real, 4500 El Camino Real, 4500 El Camino Real, Suite 1, Los Altos Suite 1, Los Altos Suite 1, Los Altos

Ages: 6 – 7 Ages: 8 - 12 Ages: 6 & Up

Fees: \$60 Residents Fees: \$60 Residents Fees: \$60 Residents

\$74 Non-Residents \$74 Non-Residents \$74 Non-Residents

Summer Study Skills for Entering 5th, 6th & 7th Graders

School is out! What better time to learn new study skills for the upcoming school year. In this 5 week class, your child will learn how to study textbooks, how to study for tests and how to take tests. During Instructor Bonnie Gikis' time as an elementary school teacher when practiced these methods will help increase success and lower stress. For more information please contact Bonnie at 650-948-9523 or bgikis@aol.com.

Session 1: 6/20 - 7/25 no class 7/4

Day: Wednesdays Time: 2:00 - 3:15 pm

Location: Parks and Recreation Center

at Town Hall

Fees: \$100 Residents

\$114 Non-Residents

Reactions in Action

icture yourself as Sir Isaac Newton as we discover how things move with science. Experiment with inertia and gravity as you learn what football players, ballet dancers and scientists have in common. Explore how equipment and movement work together to help you enjoy your favorite sports. Learn about photography and the movie making business as we examine how a camera works, how film captures light and stores images, how motion pictures got started, and how filmmakers make images move. Spend some time in the lab learning the tools and techniques that real chemists use, and perform some spectacular hands-on projects. For more information visit www.madscience. org/southbay.

Date: 7/23 - 7/27

Time: 9:00 am - 3:00 pm

Location: Parks & Recreation Center at

Town Hall

Ages: 5 – 12

Fees: \$285 Residents

\$299 Non-Residents

Jet Cadets

t's a bird! It's a plane! No, it's...everything from the earliest flying machines to the first rocket flights. This hands-on program will let you learn all about aerodynamics and the world above us. Explore the basic principles of flight, build airplanes, test them in wind tunnels, ride a hovercraft and construct balloon copters. Discover the mysteries of the galaxy, learn about celestial navigation, and take home a rocket that you have built yourself. For more information visit www.madscience.org/southbay.

Date: 6/25 - 6/29

Time: 9:00 am - 3:00 pm

Location: Parks & Recreation Center

at Town Hall

Ages: 5-12

Fees: \$285 Residents

\$299 Non-Residents

NASA: Journey Into Outer Space

ad Science and NASA have teamed up to bring you the excitement and wonder of space in this new voyage of discovery. See the principles of thrust and propulsion at work in a real rocket launch. Explore the atmosphere on earth and beyond. Watch star dust burn, and journey through a galaxy as you investigate the life cycle of stars. Explore the farthest reaches of our solar system and create a lunar eclipse in this "mad" planetary tour. Probe the mysteries of meteors and bounce around satellite light as you learn about space phenomena. Experience the life of an astronaut as you suit up for space flight. This is an experience that is truly out of this world! For more information visit www.madscience.org/southbay.

Date: 7/9 – 7/13

Time: 9:00 am - Noon

Location: Parks & Recreation Center

at Town Hall

Ages: 5 – 12

Fees: \$185 Residents

\$199 Non-Residents

Lego Flix

e know you love Legos and we know you can create incredible worlds. Now it's time to bring those worlds to life in Lego animated flix. We provide the Legos, and you provide your imagination. Students will create a Lego set with Lego characters for a movie they storyboard, write, shoot, and voice-over in age appropriate groups. For more information visit www.incrediflix.com or contact 510-585-3549 or info@incrediflix.com.

Dates: 7/16 - 7/20 Time: 9:00 am - Noon

Ages: 7 - 13

Location: Parks and Recreation Center

at Town Hall

Fees: \$170 Residents + \$30

Production Fee

\$186 Non-Residents + \$30 Production Fee

Cartoon Flix

our characters can fly over mountaintops, destroy cities, or swim the deepest oceans. In age appropriate groups, you'll make a paper-animated flick where you get to create your own character, build backgrounds, shoot your movie, and provide the voice for your character. For more information visit www.incrediflix.com or contact 510-585-3549 or info@incrediflix.com.

Dates: 8/6 - 8/10 Time: 9:00 am - Noon

Ages: 7 – 13

Location: Parks and Recreation Center

at Town Hall

Fees: \$170 Residents + \$30

Production Fee

\$186 Non-Residents + \$30 Production Fee

Filmmaking Flix

re you the next star director? Actor? Writer? Cameraman? Of course you are, and you get to do it all in these live action flix. You'll work in groups to make your vision come true in these movies where you'll act, write, direct, and more. For more information visit www.incrediflix.com or contact 510-585-3549 or info@incrediflix.com.

Dates: 7/16 - 7/20Time: 1:00 - 4:00 pm

Ages: 7 - 13

Location: Parks and Recreation Center

at Town Hall

Fees: \$170 Residents + \$30 Production Fee

\$186 Non-Residents + \$30 Production Fee

Animation Flix

oin us for the ultimate in animation creation. Each day you'll make a new movie, with different styles of stop-motion animation. Furniture may run across the floor, clay stars may explode, or your favorite toy may even come to life. This is the ultimate arts and crafts camp where you will create, direct, and film in age appropriate groups. For more information visit www.incrediflix.com or contact 510-585-3549 or info@incrediflix.com.

Dates: 8/6 - 8/10Time: 1:00 - 4:00 pm

Ages: 7 - 13

Location: Parks and Recreation Center

at Town Hall

Fees: \$170 Residents + \$30 Production Fee

\$186 Non-Residents + \$30 Production Fee

\$30 production fee covers the editing, production, and distribution of the DVDs after the camp is completed. Each student will be mailed a personal DVD. If you sign up for two camps in the same week (am and pm camps) lunch supervision will be provided and one production fee will be waived.

Y

Green Bean Kidz

Nature Education

reen Bean Kidz is an outdoor education program for children and their accompanying adults that meet once a week in different local parks and open spaces. Our focus is on ecology, preservation, and environmental awareness taught through simple concepts in nature. Classes explore the local flora and fauna by experiencing nature first hand. The program also encompasses music, art, science, games, hiking and movement all geared toward learning about nature, our outdoor world and concepts toward preserving it. The class is taught by a naturalist and outdoor education leader with over 15 years of experience with kids

of all ages. Parents are

required to attend the preschool program, and strongly encouraged to attend the after school program. For more information please contact Ellen at greenbeankidzellen@gmail.com or check www.greenbeankidz.com for updates.

A \$15 materials fee is due the first day of class.

SPRING

Session 1: 3/20 – 4/24 Day: Tuesdays Time: 9:30 – 11:00 am

Ages: 2-5

Fees: \$130 Residents

\$144 Non-Residents

Session 2: 3/20 - 4/24 Day: Tuesdays Time: 3:30 - 5:00 pm

Ages: 5 - 10

Fees: \$130 Residents

\$144 Non-Residents

Session 3: 3/21 - 4/25Day: Wednesdays Time: 9:30 - 11:00 am

Ages: 2 – 5

Fees: \$130 Residents

\$144 Non-Residents

Session 4: 3/21 - 4/25Day: Wednesdays Time: 3:30 - 5:00 pm

Ages: 5 - 10

Fees: \$130 Residents

\$144 Non-Residents

Session 5: 3/22 – 4/26 Day: Thursdays Time: 1:30 – 3:00 pm

Ages: 2 - 5

Fees: \$130 Residents

\$144 Non-Residents

SUMMER

Day:

Session 1: 6/5 – 7/17 no class 7/3

Tuesdays

Time: 9:30 – 11:00 am

Ages: 2-5

Fees: \$130 Residents

\$144 Non-Residents

Session 2: 6/5 – 7/17

no class 7/3

Day: Tuesdays Time: 3:30 – 5:00 pm

Ages: 5 - 10

Fees: \$130 Residents

\$144 Non-Residents

Session 3: 6/6 - 7/18

no class 7/4
Day: Wednesdays
Time: 9:30 - 11:00 am

Ages: 2-5

Fees: \$130 Residents

\$144 Non-Residents

Session 4: 6/6 - 7/18

no class 7/4 Wednesdays

Day: Wednesdays Time: 3:30 – 5:00 pm

Ages: 5 - 10

Fees: \$130 Residents

\$144 Non-Residents



Ohlone Camp

his unique, active outdoor halfday camp experience teaches children about Ohlone culture as they learn about the history of the land, wildlife and their local environment here in Los Altos Hills. Camp activities include climbing, hiking, Ohlone running and throwing games, digging for pigment rocks, picking grasses for art projects and learning to play using objects and tools founds in nature. Woven through all the activities is the Ohlone perspective: how they lived on the land, what they ate, and what they thought of the wildlife around them.

Session 1: 7/23 - 7/27 Session 2: 7/30 - 8/3 Time: 9:00 am - Noon Location: Byrne Preserve

Ages: 6 - 12

Fees: \$145 Residents

\$159 Non-Residents

Summer Riding Camp

at Westwind Community Barn

real barn experience, this program focuses on responsible, considerate care of horses. Each rider is assigned to his or her horse for the week, resembling the responsibility and fun of horse ownership. Graduates of summer camp have moved into Pony Club and Olympic-level instruction. We offer quality ponies, pony club curriculum, a low student to instructor/assistant ratio in a park-like setting, with horse games, vaulting and a horse show on the last day of camp. For more information please contact instructor Jane Kawasaki at 650-492-1620 or janekawa@gmail.com.

Spring Break Camp: 4/9 - 4/13Session 1: 6/11 - 6/15Session 2: 6/18 - 6/22Session 3: 6/25 - 6/29

Session 4: 7/2 - 7/6 no class 7/4

\$316 Residents \$364 Non-Residents

 Session 5:
 7/9 - 7/13

 Session 6:
 7/16 - 7/20

 Session 7:
 7/30 - 8/3

Time: 8:30 am – 1:00 pm

Ages: 6-13

Location: Westwind Community Barn

Fees: \$395 Residents

\$425 Non-Residents



Advanced Riding Camp

his advanced camp is for riders jumping comfortably at 2'3". Each day will be devoted to a different discipline of eventing: dressage, stadium jumping, and cross country and each lesson will be videotaped. The instructor and students will analyze the videotape at the end of the day and develop strategies to improve the overall ride as well the rider's position and striding. Horse management will cover advanced topics including conditioning, bandaging and nutrition. This four-day camp ends with a combined test. Bring your own horse or horses can be provided. For more information please contact instructor Jane Kawasaki at 650-492-1620 or janekawa@gmail. com.

Session 1: 7/23 - 7/26

Time: 8:30 am – 1:00 pm

Ages: 6 - 13

Location: Westwind Community Barn

Fees: \$395 Residents \$425 Non-Residents

A Day at the Barn

ere is your chance to spend a day with horses at beautiful Westwind Community Barn. During this day you will get to know horses, learn to groom, tack up, feed and spend time riding. You will also see live jumping demonstrations and be inspired by our more advanced riders. This makes for a fun day learning and a great introduction to the world of horses. Please bring your lunch. This class is appropriate for ages 5 and up. For more information please contact instructor Jane Kawasaki at 650-492-1620 or janekawa@gmail.com.

Session 1: 5/20 Session 2: 9/16 Day: Sunday

Time: 9:00 am - 1:00 pm Fee: \$100 per rider

Year Round Riding Program

he Year Round Riding Program (YRRP) offers riding lessons geared towards the beginning and intermediate rider. Participants will learn the basics of riding in a beautiful park-like setting. The program focuses on learning to maintain an independent, balanced seat, tactful communication between horse and rider, and correct equitation. Each session is six weeks in length. Safety helmets are required for all mounted work and can be provided. Participants must come neatly dressed in form-fitting pants (no shorts), boots with heels, and a shirt that covers the shoulders. Jewelry is not allowed. Hair must be pulled back and out of the rider's face. For more information please contact instructor Jane Kawasaki at 650-492-1620 or janekawa@gmail.com.

Location: Westwind Community Barn

Ages: 7 & Up

Fees: \$295 Residents

\$335 Non-Residents *\$246 Residents *\$279 Non-Residents

Beginner

Riders have little to no riding experience or have participated in less than 10 hours of mounted instruction.

Saturdays

Session 3: 3/3 - 4/7

no class 3/3*

Session 4: 4/21 – 5/26

Session 5: 8/25 - 10/6

no class 9/1*

Time: 9:00 – 9:45 am

Sundays

Session 3: 3/4 - 4/8

no class 3/4*

Time: 9:00 – 9:45 am

Tuesdays

Session 3: 2/28 – 4/3

no class 3/6*

Session 4: 4/17 - 5/22

Session 5: 8/28 – 10/2

Time: 4:00 – 4:45 pm

Session 4: 4/17 - 5/22

Session 5: 8/28 – 10/2

Time: 4:45 - 5:30 pm

Intermediate

Suitable for riders who are comfortable at the walk and trot and have begun cantering. Students must be able to post the trot while maintaining balance, check their diagonals and perform basic steering maneuvers.

Wednesdays

Session 3: 2/29 – 4/4

no class 3/7*

Session 4: 4/18 - 5/23

Session 5: 8/29 – 10/3

Time: 4:00 – 4:45 pm

Session 4: 4/18 – 5/23

Session 5: 8/29 – 10/3

Time: 4:45 – 5:30 pm

Saturdays

Session 3: 3/3 – 4/7

no class 3/3*

Session 4: 4/21 – 5/26

Session 5: 8/25 - 10/6

no class 9/1*

Time: 11:00 – 11:45 am

Advanced Intermediate

Suitable for riders who are comfortable at the walk, trot and canter and are beginning to jump low obstacles or ride advanced movements on the flat.

Saturdays

Session 3: 3/3 - 4/7

no class 3/3*

Session 4: 4/21 - 5/26

Session 5: 8/25 - 10/6

no class 9/1*

Time: 10:00 – 10:45 am

Thursdays

Session 3: 3/1 - 4/5

no class 3/8*

Session 4: 4/19 - 5/24

Session 5: 8/30 - 10/4

Time: 4:00 – 4:45 pm

Session 4: 4/19 - 5/24

Session 5: 8/30 - 10/4

Time: 4:45 – 5:30 pm

BARN BIRTHDAY

Interested in having a Birthday
Party at Westwind Community
Barn? For more information
please contact Jane Kawasaki at
650-492-1620 or
janekawa@gmail.com.

Los Altos Library and Woodland Branch Library

he Los Altos Library located in the Los Altos Civic Center and the Woodland Branch Library located in the southern part of Los Altos serve the residents of Los Altos, Los Altos Hills, and the surrounding unincorporated area. Discover, explore, and learn at your Library visit contact 650-948-7683 or visit www.santaclaracountylib.org/losaltos.

Los Altos Library 13 S. San Antonio Road, 650-948-7683

Monday – Thursday: 10:00 am - 9:00 pmFriday – Saturday: 10:00 am - 6:00 pmSunday: 10:00 am - 6:00 pm Woodland Branch Library 1975 Grant Road, 650-969-6030

Monday – Wednesday: 1:00 pm – 8:00 pm Thursday – Saturday: 11:00 am – 5:00 pm

Sunday: Closed

Wow...Check out all the fun and FREE events for the entire family offered at our local Library!

Reading Buddies

Reading Buddies is a special program for children in grades K to 5th to encourage reading by reading to a dog, or even a cat!

Dates: 3/10, 4/14, 5/12

Day: Saturday
Time: 11:00 am
Location: Los Altos Library

Afternoon Movie

All Ages Welcome!

Dates: 3/10, 4/14, 5/12

Day: Saturday Time: 2:00 pm

Location: Los Altos Library

Take-a-Look High 5 Sports Workshop

Come hear about this unique concept for children, focusing on five major team sports.

Date: 3/15
Day: Thursday
Time: 4:00 pm

Location: Los Altos Library

Dream Big READ! Summer Reading Club 2012

Programs for children grades K and up. Dates: 6/20 - 8/8 no club 7/4

Day: Wednesdays Time: 3:00 pm

Location: Los Altos Library





tepping Strong is a program developed by Lifelong Fitness Alliance, in collaboration with AARP and the Stanford Health Improvement Program, consisting of a 10-week walking and wellness program. This program encourages individuals and communities to step up their overall wellness through peer support and goal setting. All participants will receive a 10-week PTF manual full of health and wellness topics such as nutrition, brain fitness, and the importance of sleep. They will also receive a pedometer and tracking calendars to monitor fruit and vegetable intake as well as daily steps with the pedometer. Tips on revving up your walking, no matter your fitness level, are also included. This group will briefly meet at Town Hall then head out on many of the surrounding Los Altos Hills Pathways.

Info Session: Thursday 4/19 at 9:30 am Parks & Recreation Center at Town Hall

Dates: 4/26 - 6/28Day: Thursdays

Time: 9:30 – 11:00 am
Fee: \$2 for Pathways map

payable at 1st class

The Happy Body

ost people approach fitness and weight loss in all the wrong ways. The result is a vicious cycle involving disappointing ups and downs, wasted money and needless dependence on gurus and trainers. The Happy Body Program is different. Utilizing their unique and medically sound system involving nutrition, exercise and relaxation, worldrenowned teachers Aniela & Jerzy Gregorek have helped many others achieve the desired results of a balanced lifestyle featuring improved health and greater youthfulness. Now you can benefit from their residence locally, to get the body you always wanted, starting today! Once you learn independence, you will save time and money, as well as feel immeasurably better about yourself, having become your own coach. Registration for the March Seminar includes *The Happy Body* book and exercise poster (a \$70 value). For more information, visit www.thehappybody.com.

Beginners Seminar

For little to no Happy Body experience

Date: 3/10 Day: Saturday

Time: 9:00 am – 4:00 pm

Location: Town Hall Council Chambers Fee: \$275 includes book and poster

Advanced Seminar

For prior and existing Happy Body experience

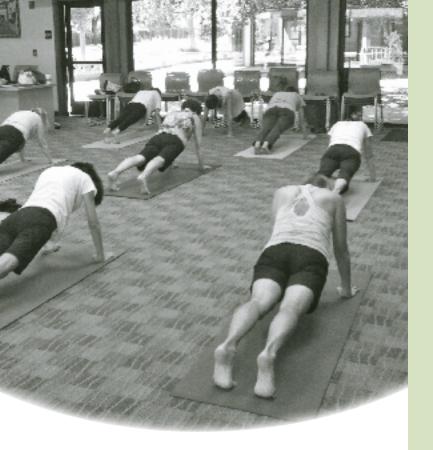
Date: 4/21
Day: Saturday

Time: 9:00 am – 4:00 pm

Location: Town Hall Council Chambers

Fee: \$250





Pilates with Teresa

ollowing recommendations of recent research, this class taught by Teresa Maldonado Marchok MPT, begins with a short movement section to increase core temperature and prepare the body for the mat work that follows. Integration of a miniball and resistance band strengthens the core while protecting the spine. Acquire the skills to make immediate postural changes in the way you sit, stand and move. Expect increased tone, flexibility and beneficial crossover to sports like skiing, tennis and golf. Please bring a mat, ball and band. 9" miniballs and bands available for purchase at class for \$10 each. For more information call 650-996-1134 or visit www.pilateswithteresa.com.

Session 3: 3/27-5/22 no class 4/10

Day: Tuesdays
Time: 8:45 – 9:45 am

Location: Town Hall Council Chambers

Fees: \$145 Residents \$159 Non-Residents

Pam's Yoga Fitness

his course, taught by Pam Walatka, features an invigorating, fun yoga workout influenced by other practices including Pilates and mindfulness meditation. Class meets once a week for eight weeks, 10:15 am to 11:30 am. Please bring a yoga mat. For more information email Pam at pamwalatka@yahoo.com or visit www.pamwalatka.com.

Session 11: 4/4 - 5/23

Session 12: 5/30 - 7/ 25 no class 7/4

Session 13: 8/1 - 9/19
Session 14: 9/26 - 11/14
Day: Wednesdays
Time: 10:15 - 11:30 am

Location: Town Hall Council Chambers

Fees: \$105 Residents \$119 Non-Residents

Qigong - Wuji Style With Bonnie Gikis

ired of feeling tired? Come learn Qigong (ChiKung), a 5,000 year old Chinese method of standing exercises, designed to revitalize your body, mind, and spirit. It is as simple as standing in one place, breathing, and using your mind and body to tap into the energy that surrounds us. For more information please contact Bonnie at 650-948-9523 or bgikis@aol.com.

Free Preview: 6/23 at 10:00 - 11:00am in

Parks Recreation Center at Town Hall Please RVSP to bgikis@aol.com.

Dates: 7/10 - 8/14
Day: Tuesdays
Time: 2:00 - 3:00 pm

Location: Westwind Community Barn

Fees: \$80 Residents

\$94 Non-Residents





Thank Dog! Bootcamp

hank Dog! Bootcamp is a one-stop fitness program that unites a workout for people with obedience training for your dog (no previous dog training required)! A unique combination of weight training, cardiovascular training and dog training will give both you and your four-legged friend a workout while teaching correct canine behavior. Don't go to the gym and leave your dog behind, and don't sacrifice your workout routine to take your dog for a walk. Do both, at Thank Dog! Bootcamp. One-on-one consultation required prior to class registration. Sign up to take classes at either or both locations. For more information visit www.ThankDogBootcamp.com or contact Cassie at 650-823-5271 or Cassie@ThankDogBootcamp.com and ask about vour free trial class!

3 Classes

Session 1: 4/4 - 4/18Session 2: 5/2 - 5/16Day: Wednesdays Time: 6:00 - 7:00 pm

Location: Sports Court at Purissima Park

Fees: \$68 Residents \$82 Non-Residents

6 Classes

Session 1: 6/5 - 6/21Session 2: 7/10 - 7/26Session 3: 8/7 - 8/23

Days: Tuesdays and Thursdays

Time: 6:00 - 7:00 pm

Location: Sports Court at Purissima Park

Fees: \$142 Residents \$156 Non-Residents

Session 1: 4/3 - 4/19Session 2: 5/1 - 5/17

Days: Tuesdays and Thursdays

Time: 6:00 – 7:00 am

Location: Los Altos Recreation Center

Fees: \$142 Residents \$156 Non-Residents

9 Classes

Session 1: 6/4 - 6/22Session 2: 7/9 - 7/27Session 3: 8/6 - 8/24

Days: Mondays, Wednesdays and Fridays

Time: 6:00 - 7:00 am

Location: Los Altos Recreation Center

Fees: \$181 Residents \$195 Non-Residents

Star Gazing

At Westwind Community Barn

ome join local amateur astronomers at Westwind Community Barn for a night of astronomy. See the springtime constellations and look through telescopes at some of the wonders of the universe. The astronomers will be there until 11:00 pm so come by anytime. Bring warm clothing and a flash light to get back to your car. Participants may bring binoculars. The event is weather permitting and is not recommended for children under 6 years of age or unaccompanied minors. To register please contact Sarah Gualtieri 650-947-2518 sgualtieri@losaltoshills.ca.gov by 3/10 to reserve your spot.

Date: 3/17
Day: Saturday

Time: 7:30 – 11:00 pm

Location: Westwind Community Barn

Fee: Free

Stars & Sleeping Bags

ow often do we get the chance to view the sky for extended periods of time to make it part of our lives? Attend one or all of the events to better understand the stars and planetary positions. We will learn how to identify the north star and other celestial methods to help us determine direction, latitude and location. A tarp will be provided, but please bring your own sleeping bag, pillows and pad. All welcome and serves as a great family event! For additional information please contact Scott Vanderlip at 650-793-0475 or scott@inet-sciences.com.

Dates: 5/10, 5/17 and 5/24
Time: 8:00 – 10:00 pm
Location: Byrne Preserve

Fee: Free

Bridge Club

With Prudence Saunders

earning bridge strategies stimulates neural plasticity in the brain. The eight week series includes no trump bidding and responses, major and minor suit bidding and responses, and basic conventions. There will be a short lecture followed by play. Instructor Prudence (Prue) is an ACBL certified teacher. She has taught groups in Palo Alto, the Forum in Los Altos, and in addition has many private students that she tutors in their home setting. For more information contact Prue at prue@pruesaunders.com.

Session 3: 4/16 - 6/4 Day: Mondays

Time: 9:00 – 10:30 am

Location: Parks & Recreation Center at Town Hall

Fees: \$96 Residents

\$110 Non-Residents

Yoga Walks

oga Walks led by Amy Santullo, offer an opportunity to take your yoga practice outside, in combination with an energetic walk in a natural setting. Ninety-minute classes include about 45 minutes of yoga poses and 45 minutes of hiking, including a walking meditation. No yoga experience necessary. Wear good walking shoes and comfortable clothes. For more information please contact Amy at amy@santullo.com.

Free Preview: Tuesday, March 6th from 9:00 – 10:30 am. Please RSVP to amy@santullo.com and include your name and phone number so instructor can contact you in case of cancellation due to weather.

Session 1: 3/13 - 4/17 no class on 4/3

Session 2: 4/24 - 5/22 Day: Tuesdays

Time: 9:00 – 10:30 am

Location: Westwind Community Barn Parking Lot

Fees: \$70 Residents

\$84 Non-Residents



Rally Training

Have fun with your dog and reinforce good behavior

ally Training was created to allow handlers to actively reinforce good dog behavior in competition by using verbal and nonverbal praise. The handler moves through a preset course by reading numbered signs that give instructions. All breeds of dogs, including mixed-breeds, are suitable but they must have completed a basic obedience training course. Your dog should have a basic understanding of sit, down, stay, come and heel. Your dog must be in good physical condition, up to date with all vaccinations, flea free and non-aggressive towards people and other dogs. For more information contact Rosalie Alvarez 650-941-2714.

SPRING

Session 1: 3/28 - 5/2

Session 2: 5/9 - 6/13

SUMMER

Session 1: 6/20 - 8/1 no class 7/4

Session 2: 8/8 – 9/12

Day: Wednesdays

Time:

Location: Baseball Field at Hillview

Community Center

9:00 - 10:00 am

97 Hillview Road, Los Altos

Fees: \$60 Residents

\$69 Non-Residents

Dog Obedience Training

or dogs over five months of age. Introduces basic and intermediate obedience skills. Content will also include discussions on responsible dog ownership in today's society. All work will be done on lead unless prior approval received from the trainer to work without a leash. Equipment Note: Choke chain collar which is 3 inches longer than the dog's neck circumference and of medium link size required. Other collar choices are permitted with trainer's approval. Also required is a six foot leash/lead of leather or fabric. Leather leads are highly recommended for medium to large dogs. For more information contact Rosalie Alvarez 650-941-2714.

SPRING

Session 1: 3/29 - 5/3Session 2: 5/10 - 6/14

SUMMER

Session 1: 6/21 - 7/26Session 2: 8/2 - 9/6

Day: Thursdays Time: 8:00 – 9:00 am

Location: Baseball Field at Hillview Community

Center

97 Hillview Road, Los Altos

Fees: \$60 Residents

\$69 Non-Residents



REGISTER ONLINE AT WWW.LOSALTOSHILLS.CA.GOV





Easter Egg Hunt

Sponsored by LAHF

et your Easter basket ready for a friendly hunt at Purissima Park. There will be separate hunting zones for different age groups. Over 5,000 eggs will be hidden ensuring a fun time for everyone. Eggs can be redeemed for prices, snacks and goodies. Bring your own hard boiled eggs as decorations and dye kits will be available. It's a perfect opportunity to socialize with your neighbors so pack a picnic lunch. The Easter Bunny will be hopping by so don't forget your camera.

Date: 4/7 Time: 11:00 - 1:00 pm Day: Saturday Location: Purissima Park

9th Annual Hoppin Hounds Easter Biscuit Hunt

t's the ninth annual Doggie Easter Biscuit Hunt in Los Altos Hills! You and your dog will hunt through Byrne Preserve in search of dog-healthy Easter Biscuits while catching up with all your canine companions. This exciting on-leash event is held to benefit the Palo Alto Animal Services shelter. A \$5 donation is recommended. All proceeds will go directly to Palo Alto Animal Services. For more information contact Sarah Gualtieri 650-947-2518 or sgualtieri@losaltoshills.ca.gov.

Date: 4/7
Day: Saturday
Time: 9:00 am

Location: Byrne Preserve

Hoppin Hounds benefits the Palo Alto Animal Services

Palo Alto Animal Services serves the residents of Los Altos Hills and provides Animal Control Officers. In Los Altos Hills, Animal Control Officers pick up sick and injured animals, confined strays and assist local public safety officers with aggressive animals. Animal Control services are available 365 days/year. For more information please call 650-496-5971 or visit www.cityofpaloalto.org/depts/pol/animal_services.asp.

Location: 3281 East Bayshore Road, Palo Alto

Hours of Monday – Saturday; 11:00 am – 5:30 pm operation: closed every other Friday

Earth Day Celebration

his year's Annual Earth Day Celebration will be held on Sunday, April 22nd. There will be a "Live Wild Cats" education presentation by Leopard's Etc. Presentations of the wild cats are scheduled for 1:30 pm and 3:00 pm. In addition to exhibits by Los Altos Hills Committees, local environmental organizations and school groups electric cars will be on display. Bring cash or check for a green shopping experience. Los Altos Hills hats, lotion, seeds, wine glasses, produce and much more will be on sale. Reduce your carbon footprint. Walk, bike or carpool and bring a reusable water bottle. Due to the Cat presentation please no dogs. For more information contact Sarah Gualtieri 650-947-2518 or sgualtieri@losaltoshills. ca.gov.

Date: 4/22 Day: Sunday

Time: 1:00 - 4:00 pm

Location: Westwind Community Barn

11th Annual Pathways Run/Walk

un with the Wind! This annual event begins at the Westwind Community Barn, runs through the Byrne Preserve and extends into the Los Altos Hills Pathways system. The run features a 5K and 10K Pathways Run/Walk and a 1-Mile Fun Run. To register, volunteer or for more information contact Sarah Gualtieri 650-947-2518, sgualtieri@losaltoshills.ca.gov or visit the event website at www.lahpathwaysrun.org.



Date: 5/12
Day: Saturday
Time for 5K/10K: 9:00 am

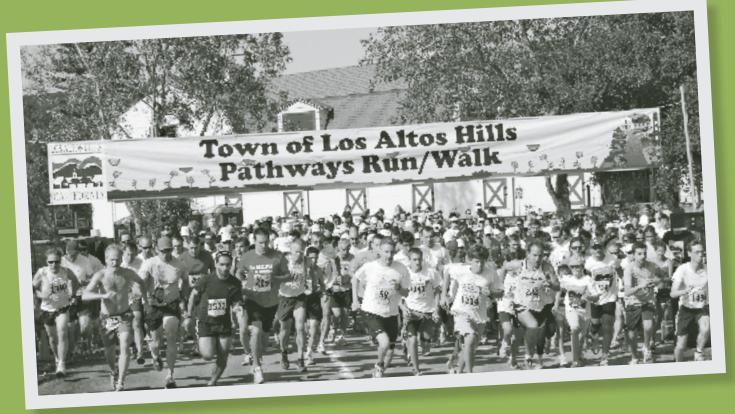
Fees for 5K/10K: \$30 (\$35 on race day)

Group Registrations of 10 or more: \$20 per person

Time for 1-Mile Fun Run: 10:30 am

Fees for 1-Mile Fun Run: \$15 (\$20 on race day)
Location: Westwind Community Barn

All pre-registration includes a dri-wick shirt.



15th Annual Los Altos Hills Town Picnic

he Town Picnic features barbecue lunch prepared and served by our Santa Clara County Firefighters Local #1165. Soft drinks, beer, wine and ice cream sundaes are provided, along with entertainment, games and a variety of attractions for both adults and children. This year will also mark the sixth year of the classic car show! The Town Picnic is organized by the Town's Community

Relations Committee with help from many other volunteers. You can volunteer to help for half an hour or more at the picnic by calling 650-947-2518. Registration information will be mailed to all Town residents in May. Advance registration is required so we can order the correct number of lunches. The picnic is hosted by the Town of Los Altos Hills and is limited to Town residents only.

Date: 6/3
Day: Sunday

Time: 1:00 – 4:30 pm Location: Purissima Park





Be part of the magic and volunteer! Contact 650-947-2518

4th of July Parade

ome join us for the fourth annual Los Altos Hills 4th of July Parade. We will gather at Town Hall beginning at 9:30 am. Our red white and blue march will start at 10:00 am. We will parade down Fremont Road and conclude at Gardner Bullis School, where you can meet your friends and neighbors for a refreshing beverage and a juicy watermelon treat! Please, no fossil fueled vehicles or horses. For more information contact Sarah Gualtieri 650-947-2518 or sgualtieri@losaltoshills.ca.gov.

Date: 7/4

Day: Wednesday
Time: 9:30 – 11:00 am

Location: Town Hall

LOS ALTOS SENIOR CENTER



os Altos Senior
Center offers
a welcoming
environment to
meet the needs
of experienced
adults from a cup of
coffee, to meeting
new friends, to
providing a variety of
programming. Looking
for something active?
The Senior Center

offers ping pong, line dancing classes, shuffle board, bocce ball, Tai Chi, puti meditation or the Wii entertainment system. To keep your mind active they offer many card games, mah-jongg, monthly speakers and an Artventures class. Special interest classes include but are not limited to Yogalates, Creative Writing, Needle Arts, Genealogy, Hiking and Foreign Language instruction are provided on site by Mountain View-Los Altos Adult Education. Resources are also available for housing, health insurance; case management, AARP tax preparation, recycling pills, eye glasses and batteries. Come check it out!

Membership

City of Los Altos Residents: \$26.00 Non Los Altos Residents: \$40.00 Newsletter: \$5.00

The Spotlight Newsletter is your bi-monthly guide to all programs and events at the Los Altos Senior Center. For \$5.00 a year the Newsletter will be mailed to your home.

To become a member: Make checks payable to City of Los Altos, and mail it to the Los Altos Senior Center, 97 Hillview Avenue, Los Altos, CA 94022.

Benefits of becoming a member: Discount on luncheons, programming and day trips, access to member only programs such as DMV study packets, notary, discount See's Candies one pound gift certificates, one on one computer tutorial, in home repair program, and equipment loan closet.

Visit the Senior Center at Hillview Community Center 97 Hillview Avenue, Rooms 10 - 12 Los Altos, CA 94022 650-947-2797

Hours: Monday - Friday, 8:30 am - 3:30 pm

Website: www.losaltosrecreation.org

Full Training

he Town of Los Altos Hills offers full and partial training programs for horses boarded at Westwind Community Barn with Barn Manager Crystal Petralli. Horses enrolled will benefit from a full-care management program that centers around goal-oriented riding and high-quality daily supervision. Riders will focus on correct equitation and its effect on the horse and learn how to utilize these skills to improve their results in the show ring. Riders place in the top ten at major Medal finals, consistently win Division Championships and qualify for year-end awards. Space is extremely limited. Please contact Crystal Petralli, 650-269-5129 or cpetralli@losaltoshills.ca.gov to register or learn more about this training program.

Fees: Starting at \$475 per month/4 training units weekly

Trainer: Barn Manager Crystal Petralli

BOARDING AT WESTWIND COMMUNITY BARN

Westwind Community Barn's boarders have access to the best amenities offered at any public facility on the Peninsula.

- 50' x 100' all-weather dressage court
- 100' x 200' all-weather jumping arena
- 51' Eurofelt round pen
- Cross-country track and field with a bank, coops, fences and a log jump
- Hot water wash racks
- · Boarder tack rooms
- Lounge with fridge, microwave, TV and DVD player
- Connections to the Pathways System, with direct access to San Antonio, Arastradero and more

Boarding is open to the public and options include stalls and pasture. Additional services are available including 7-day blanket service, grain, trailer parking, free-choice hay nets and extra turnouts.

Stall Board	Pasture Board
\$685.00	\$345.00
Three meals daily – five flakes max of oat, alfalfa or grass	Three meals daily, alfalfa for breakfast, oat for lunch and dinner
Cleaned twice daily	Two shelters measuring 14' x 14' with rocked bases
Three turnouts weekly, sunrise to sunset, in private sheltered paddocks	Two water tubs cleaned weekly by staff
Nelson automatic waterers and rubber mats in all stalls	The pasture is dragged monthly to remove manure

For more information contact Barn Manager Crystal Petralli at 650-269-5129 or cpetralli@losaltoshills.ca.gov.

Los Altos Hills Horseman's Association (LAHHA)

LAHHA Is a non-profit, membership supported organization that promotes equestrian activities and programs. Check out some of their coming events! For more information visit www.lahha.net.

Play Day

A day of fun and games for horses and riders of all ages and abilities. Egg and spoon race, limbo, bareback dollar bill race, etc.

Date: 5/6
Day: Sunday
Time: 9:00 am

Location: Town Riding Arena Fees: \$10 per class \$65 full day

Schooling Show

Low key horse show appropriate for novice riders as their first show or intermediate riders looking for motivation to sharpen their skills. Show includes low hunter/jumper, beginning hunter/jumper, hunter hack, and walk trot equitation/pleasure.

Date: 7/15
Day: Sunday

Time: 9:00 am – 3:00 pm Location: Town Riding Arena Fee: \$10 per class

Community BBQ

A social gathering of LAHHA members old and new and open to the public. Come and meet the horse owners and riders in your community. Bring your own meat or veggie burger to grill, choice of drink and a side dish to share. Chili, dessert and live music provided.

Date: 7/28
Day: Saturday
Time: 6:00 – 9:00 pm
Location: Town Riding Arena

Fee: Free

Julie Carpenter Clinic

Julie is a nationally known trainer and instructor whose goal is to help riders and horse owners of all levels work intelligently and competently with their horses. She is a favorite LAHHA clinician. Advance registration required.

Dates: 8/25 - 8/26
Days: Saturday and Sunday
Time: 9:00 am - 5:00 pm
Location: Town Riding Arena

Fee: \$350



The Activity Guide is published with assistance from the Parks and Recreation Committee.

Design + Production: Alexander Atkins Design, Inc.

REGISTRATION FORM

REGISTER ONLINE AT WWW.LOSALTOSHILLS.CA.GOV

Participant First and Last Nam	ne Age (if under 18)	Course/Activity	Fees
1			
2			
3			
4			
5			
6			
BILLING CONTACT INFORMATI	ON		
Name: Last	First	Email Address	
Address: City	State	Zip	
Parent Name: Last	First		
Phone No: Home Work	Cell		
Emergency Contact: Name	Phone		
representatives, next of kin, spouse more, the significance of this release	e and assigns. I have fully se of liability and assumpt tos Hills take photographs	, and assumption of risk is to be binding on my heir read this Agreement and fully understand its conter ion of risk agreement has been EXPLAINED TO THE of my or my child's program, event or activity, I agreuplicity purposes only	t. Further- MINOR. In
	_	Date:	
REFUND POLICY: Refunds will or	nly be given up to 7 days bis filled. No refunds will b	refore the commencement of program. Within 7 days a given after program has started. A refund service	s, a refund will
TO BE COMPLETED BY PAREN I have fully read this Agreement liability and assumption of risk	and fully understand it	s content. Furthermore, the significance of this	release of
Signature of parent or guardian:		Date:	
Print parent/guardian name:			
Address (City, State, Zip):			
Please indicate whether you are sign	gning as: \square Parent \square Gua	rdian	
PAYMENT I hereby authorize the use of my	y credit card: 🗌 Masterca	ard □ Visa	
Name as it appears on card:			
Card Number:		Exp Date:	
Signature:			

Please detach and remit payment to: Town of Los Altos Hills, 26379 Fremont Road, Los Altos Hills, CA 94022



TOWN OF LOS ALTOS HILLS 26379 Fremont Road Los Altos Hills, CA 94022

Youth Los Altos & Los Altos Hills Little League **Giants vs. Padres Lacrosse Summer** Camp **British Soccer Camps Learn to Fence! Summer Study Skills Reactions in Action NASA: Journey Into Outer Space** Jet Cadets Lego Flix **Cartoon Flix Filmmaking Flix Animation Flix Green Bean Kidz Ohlone Camp**



Summer Riding Camp Advanced Riding Camp A Day at the Barn Year Round Riding Program Los Altos Library and Woodland Branch Library

Adult

Stepping Strong
The Happy Body
Pam's Yoga Fitness
Pilates with Teresa
Qigong - Wuji Style
Star Gazing
Stars & Sleeping Bags
Thank Dog! Bootcamp
Bridge Club
Yoga Walks
Rally Training
Dog Obedience
Training

Events

Easter Egg Hunt
Hoppin Hounds
Palo Alto Animal
Services
Earth Day Celebration
Pathway Run/Walk
Town Picnic
4th of July Parade



Senior Center
Full Training
Boarding at Westwind
Community Barn
LAHHA

